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Let's Talk! About Parent Support

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LET'S TALK! ABOUT PARENT SUPPORT

August 12, 2011 by cpehrson



Raising children is not as easy as we thought when we were young, before we had our own. Who hasn't said after watching a child throw a huge tantrum in a store, "My children will never act like that!"?

It helps when you can find someone who is going through the very same things you are with your child. It helps to talk about it with someone who knows just how you feel. It helps to hear what has worked for other parents. It helps to know that you are not alone.

Parents who have children with disabilities are unique. They go through the same things that other parents do...but even more. They get frustrated with their children just as other parents do...but maybe more. They feel exhausted after a hard day with their child...but know it probably won't be any different the next day, or the next...

Support groups for parents of children with disabilities are not that easy to find. Maybe it is because you don't know where to look. Or, maybe it is because there are none in your area. Maybe it is because you tried it once and it wasn't exactly what you needed at the time.

Our Let's Talk! topic this time is about finding good, meaningful parent support groups for parents of children with disabilities.

Where did you find out about the parent support groups in your area?

What benefits have you found from going to a support group?

Do you know of any online parent support web sites that have helped you?

Please share with us your experiences and the good resources you have found.

Ready, set, Let's Talk!

NOTE: Here is a useful web site that lists specific online parent support groups for specific disabilities.

Let us know of other topics that you would like to talk about on the Let's Talk! blog.